



SOUTHEASTERN REGIONAL HIGH SCHOOL

Department of Athletics

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www.sersd.org/StudentServices/Athletics

FREE CONCUSSION RESOURCES

Concussion safety training can be completed by successfully completing one of two **free** on-line courses listed below. These courses contain all information required by the law, including the signs and symptoms of concussion, how to respond to a suspected concussion, what you need to do to help an athlete when s/he is cleared to safely return to play, and what you can do to prevent sports related head injuries. Both courses provide certificates of completion.

Option #1

Heads Up: Concussion in Youth Sports
from the Centers for Disease Control and Prevention

The first on-line course is available through the Centers for Disease Control and Prevention at: http://www.cdc.gov/concussion/HeadsUp/online_training.html. The training uses expert interviews and interactive elements to train coaches and others on concussion. This course includes additional materials for coaches, parents, athletes and school nurses. Additional educational materials on concussion and their impact can be found at: <http://www.cdc.gov/concussion/>

Option #2

Concussion in Sports: What You Need to Know
from the National Federation of State High School Associations

This on-line course is available through the NFHS. You will need to click the “order here” button and complete a brief registration form to take the course. However, you do not need to be a member of NFHS to access this course.

Go to: <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Additional/Optional Information:

The full text of the law is available at: www.mass.gov/legis/laws/seslaw10/sl100166.html

Spanish Language Resources

**CDC has information available for individuals, including parents and athletes whose first language is Spanish and may not find the on-line course accessible:

Coaches: http://www.cdc.gov/concussion/pdf/Coach_Guide-a.pdf
http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

School nurses: <http://www.cdc.gov/concussion/HeadsUp/schools.html>

Athletes: http://www.cdc.gov/concussion/pdf/Athletes_Fact_Sheet-a.pdf
http://www.cdc.gov/concussion/pdf/Athletes_Fact_Sheet_Spanish-a.pdf

Parents: http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf
http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet_Spanish-a.pdf3

